



Fish Po Boy with Cajun Sauce

Westbrook Schools took part in the Fishermen Feeding Mainers program and received donated fish directly sourced from Maine fishermen! They created many tasty recipes, including this student-approved take on a Southern staple.

Yield: 25 servings

Baked Fish Ingredients:

- 4.75 lb wild caught, Maine fish filets (we recommend a flaky white fish like cod, haddock, pollock, or hake)
- 4 3/4 cup panko breadcrumbs
- 5 large eggs beaten
- 1 1/4 tsp garlic salt
- 1 1/4 tsp onion powder
- 1 1/4 tsp fresh, chopped parsley
- Olive oil pan spray

Baked Fish Directions:

1. Preheat oven to 450 degrees
2. Spray large baking sheet with oil
3. Place breadcrumbs and seasonings into a large bowl
4. Portion the fish into 3oz raw (will be 2.25oz when cooked) portions
5. Dip the cod pieces into the egg mix and then into the panko mix, covering lightly in breadcrumbs
6. Bake for about 15 minutes, until fish is golden brown and flakes easily

Cajun Sauce Directions:

1. Combine all ingredients in bowl and whisk to combine.
2. Sauce will last up to one week in refrigerator.
3. To assemble sandwiches, prepare ingredients by thinly slicing red onions, shredding lettuce, and dicing tomatoes.
4. Sprinkle Panko breadcrumbs over fish and bake

Ingredients for Cajun Sauce:

- 1 cup light mayonnaise
- 1 Tb Cajun spice mix
- 1 Tb mustard
- 1/2 Tb garlic powder
- 1/2 Tb hot sauce
- 1 Tb lemon juice

Sandwich Elements:

- Sub roll
- Shredded lettuce
- Diced tomato
- Red onion rings
- Baked fish portion
- 1 Tb Cajun Sauce